



Frozen Lemon Gingersnap Pie

READY IN



45 min.

SERVINGS



10

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 6 large egg yolk
- ☐ 6 ounces gingersnaps crushed finely
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 slices optional: lemon
- ☐ 0.7 cup juice of lemon fresh
- ☐ 4 teaspoons lemon zest fresh finely grated
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 5 tablespoons butter unsalted melted

☐ 1 cup milk whole

Equipment

☐ bowl

☐ sauce pan

☐ baking paper

☐ oven

☐ whisk

☐ sieve

☐ plastic wrap

☐ wooden spoon

☐ kitchen thermometer

☐ wax paper

☐ ice cream machine

Directions

☐ Preheat oven to 350°F.

☐ Toss together all crust ingredients with a fork until crumbs are moistened. Press evenly onto bottom and up side of a 10-inch glass or ceramic pie plate (6-cup capacity).

☐ Bake crust in middle of oven 7 minutes, then cool on a rack.

☐ Bring cream, milk, sugar, zest, and salt to a boil in a 2-quart heavy saucepan, stirring until sugar is dissolved.

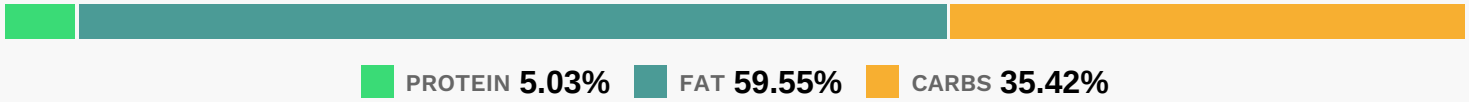
☐ Whisk yolks in a bowl until blended, then add hot cream mixture in a slow stream, whisking.

☐ Transfer custard back to saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 175 to 180°F on thermometer, 3 to 5 minutes (do not let boil).

☐ Immediately pour through a fine-mesh sieve into cleaned bowl, then stir in lemon juice. Cool custard to room temperature, stirring occasionally, then chill, its surface covered with a round of wax paper, until cold, about 3 hours. Freeze custard in ice cream maker.

- ☐
- Spread ice cream evenly in crust and wrap pie plate in wax or parchment paper, then in plastic wrap. Freeze until firm, at least 2 hours.
- ☐
- About 20 minutes before serving, put pie in refrigerator to soften.
- ☐
- Ice cream can be made 2 days ahead of assembling pie. Soften in refrigerator about 30 minutes before spreading in crust.·Assembled pie can be frozen up to 3 days.

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:7.0504347241443%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 23.81g (36.63%), Saturated Fat: 13.66g (85.37%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 31.33g (11.39%), Sugar: 21.09g (23.44%), Cholesterol: 168.48mg (56.16%), Sodium: 148.42mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 888.2IU (17.76%), Manganese: 0.27mg (13.73%), Vitamin B2: 0.21mg (12.53%), Selenium: 8.3µg (11.86%), Phosphorus: 102.44mg (10.24%), Vitamin D: 1.5µg (9.97%), Vitamin C: 7.91mg (9.59%), Folate: 34.76µg (8.69%), Calcium: 83.91mg (8.39%), Iron: 1.44mg (7.98%), Vitamin B12: 0.4µg (6.66%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.58mg (5.85%), Vitamin B1: 0.08mg (5.19%), Potassium: 161.47mg (4.61%), Vitamin B6: 0.09mg (4.47%), Magnesium: 15.56mg (3.89%), Zinc: 0.53mg (3.55%), Copper: 0.07mg (3.48%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.53g (2.11%), Vitamin K: 2.2µg (2.1%)